

AMISH CANNING MEAT COOKBOOK

The Complete Guide to Preserve Beef, Pork
and Poultry at Home with Delicious Recipes



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INTRODUCTION

The Amish, a Christian denomination known for their simple living and rejection of modern technology, have long held a deep-rooted connection to the land and its bounty. Central to their way of life is a commitment to self-sufficiency, which manifests in their farming practices, craftsmanship, and notably, their approach to food preservation.

In Amish communities, where large families are common and reliance on grocery stores is minimal, the ability to preserve food is paramount. Canning and preserving serve as a cornerstone of their food practices, ensuring that the harvest's abundance can be enjoyed throughout the year, even during the lean winter months when fresh produce is scarce.

The Amish are primarily agrarian, with most families cultivating their own land to grow vegetables, fruits, and raise livestock. Their farming methods often eschew modern machinery, relying instead on horse-drawn plows and manual labor. This hands-on approach fosters a profound understanding of the land's rhythms and the interconnectedness of all living things.

They excel at managing resources, rotating crops to maintain soil fertility and minimizing waste. Livestock is raised not only for meat but also for dairy products, eggs, and wool. This holistic approach to farming ensures a diverse and sustainable food supply while minimizing reliance on external sources.

The Art of Canning and Preserving

Canning, the process of sealing food in airtight jars and heating them to destroy harmful bacteria, is a time-honored tradition in Amish communities. It allows them to capture the flavors of summer's abundance and extend the shelf life of perishable foods. Amish kitchens are often bustling with activity during harvest season as families gather to prepare and preserve their bounty.

Amish women play a crucial role in canning and preserving, passing down their knowledge and skills through generations. Mothers teach daughters the secrets of making jams, jellies, pickles, and other preserved delights.

Canning is not merely a chore but a social activity that brings families together and strengthens community bonds.

Amish canning recipes often prioritize simple, wholesome ingredients, reflecting their preference for unprocessed, natural foods. They use minimal sugar and salt, allowing the natural flavors of the fruits and vegetables to shine through. Their canned goods are known for their exceptional quality and taste, often sought after by those outside the Amish community.

To truly grasp the significance of canning in Amish culture, it's helpful to consider specific examples and stories:

- **Community Canning Day:** In some Amish communities, canning is a communal effort. Neighbors gather to help each other prepare and process large batches of food. This not only lightens the workload but also fosters a sense of shared purpose and camaraderie.
- **Passing Down of Recipes:** Amish canning recipes are often cherished family heirlooms, passed down from mother to daughter through generations. These recipes are not just instructions but also carry the stories and traditions of those who came before.
- **The Amish Pantry:** A peek inside an Amish pantry reveals rows of colorful jars filled with preserved fruits, vegetables, and meats. This well-stocked larder is a testament to their resourcefulness and ensures that they are never without nourishing food, regardless of the season.

Meat Canning

While canning fruits and vegetables is common in many cultures, the Amish have a particular expertise in canning meat. This practice stems from their reliance on home-raised livestock and the need to preserve every part of the animal.

Amish canned meats, such as chicken, beef, and pork, are valued for their convenience and long shelf life. They can be quickly transformed into hearty meals, making them ideal for busy families and those who live in remote areas.

The Amish also have a tradition of canning wild game, such as venison and rabbit, further showcasing their adaptability and resourcefulness. Canning and preserving are not merely practical skills for the Amish but also an integral part of their cultural identity.

These practices embody their values of self-sufficiency, resourcefulness, and community cooperation. By preserving the harvest's abundance, they ensure their families are well-fed throughout the year and strengthen the bonds that hold their communities together.

This cookbook aims to share some of the Amish wisdom and expertise in canning meat, inviting you to embrace this time-honored tradition and savor the flavors of home-preserved goodness.

CHAPTER ONE

ESSENTIAL CANNING EQUIPMENT AND TECHNIQUES

Canning meat is a rewarding way to preserve your harvest and ensure a well-stocked pantry for the colder months. However, safety is paramount when working with low-acid foods like meat.

This chapter will guide you through the essential equipment, techniques, and safety measures necessary to guarantee successful and secure meat preservation.

Crucial Safety Guidelines for Canning Meat

- **Prioritize Cleanliness:** Maintain a sanitary workspace by thoroughly washing hands, utensils, and surfaces. Sterilize jars, lids, and rings according to the manufacturer's instructions.
- **Choose Fresh, High-Quality Meat:** Select cuts that are fresh and free of spoilage signs. Trim excess fat and bone to optimize space within the jars.
- **Follow Tested Recipes:** Use reliable recipes specifically designed for canning meat. Avoid altering ingredients or processing times, as this can compromise safety.
- **Maintain Proper Temperatures:** Use a reliable food thermometer to ensure meat reaches the correct internal temperature during pre-cooking. Maintain appropriate water bath or pressure canner temperatures during processing.
- **Examine Lids and Seals:** After processing, inspect jars for proper sealing. Lids should be concave and not flex when pressed. Discard any jars with compromised seals.
- **Label and Date:** Clearly label each jar with contents and the date of canning. Store in a cool, dark place.

Essential Equipment and Tools for Meat Canning

- **Water Bath Canner or Pressure Canner:** A water bath canner is suitable for high-acid foods, while a pressure canner is essential for low-acid foods like meat. Invest in a reliable canner with a rack to keep jars off the bottom.
- **Canning Jars and Lids:** Choose Mason jars designed for canning with new, unused lids and rings. Inspect jars for cracks or chips before using.

- **Jar Lifter and Bubble Popper:** A jar lifter allows for safe removal of hot jars from canners. A bubble popper helps remove air bubbles from filled jars before sealing.
- **Canning Funnel:** Facilitates filling jars without spilling, reducing the risk of contamination around the rim.
- **Food Thermometer:** Essential for checking the internal temperature of meat during pre-cooking and ensuring proper processing temperatures in canners.
- **Kitchen Towels or Paper Towels:** Useful for cleaning rims, handling hot jars, and wiping spills.
- **Timer:** Accurately tracks processing times for both water bath and pressure canning.

Step-by-Step Instructions for Water Bath and Pressure Canning

Water Bath Canning (Not Recommended for Meats)

- Prepare the meat according to your chosen recipe. Pre-cook to ensure safe internal temperatures.
- Pack the pre-cooked meat into sterilized jars, leaving recommended headspace. Add any necessary canning liquid or seasonings.
- Wipe jar rims clean and place sterilized lids and rings. Tighten rings fingertip tight.
- Place filled jars in a water bath canner filled with enough water to cover jars by at least 1 inch.
- Bring water to a boil and process for the time specified in your recipe.
- Turn off heat and let jars cool in the canner for the specified time.
- Remove jars and let them cool completely undisturbed. Check seals.

Pressure Canning (Recommended for Meats)

- Prepare the meat as per your recipe, ensuring it reaches safe internal temperatures.
- Pack the pre-cooked meat into sterilized jars, leaving recommended headspace. Add any required canning liquid.
- Clean jar rims, place lids, and tighten rings fingertip tight.
- Add water to the pressure canner according to the manufacturer's instructions. Place jars on the rack.
- Close and lock the canner lid. Vent the canner to release air and steam.
- Once venting is complete, close the vent and allow pressure to build to the recommended level (consult your recipe or canner manual).

- Begin timing the processing once the correct pressure is reached. Maintain pressure throughout processing.
- Turn off heat and allow the canner to cool naturally until pressure returns to zero.
- Carefully open the canner and remove jars. Let them cool undisturbed. Check seals.

By following these safety guidelines, using the right equipment, and adhering to proper canning techniques, you can confidently preserve meat for future enjoyment. Patience and attention to detail are key to successful and safe canning.

CHAPTER TWO

UNDERSTANDING MEAT PRESERVATION

Meat, a cornerstone of the Amish diet, provides sustenance and warmth during the harsh winter months. However, fresh meat is a fleeting delight, available only during the slaughtering season.

To savor its goodness throughout the year, the Amish have mastered the art of meat preservation through canning.

In this chapter, we explore the intricacies of selecting, preparing, and handling meat for canning, ensuring both safety and flavor in your pantry staples.

Types of Meat Best Suited for Canning

Not all meats are created equal when it comes to canning. Certain cuts and types lend themselves better to the process than others. The best candidates for canning are:

- **Lean cuts:** These include beef round, chuck, sirloin tip, pork loin, and poultry breasts. Lean meats have less fat, which can deteriorate during canning and affect the overall quality of the final product.
- **Poultry:** Chicken, turkey, and duck are popular choices for canning. Their relatively low-fat content and versatile nature make them ideal for various canned preparations, from simple shredded meat to hearty soups and stews.
- **Ground Meat:** Both beef and pork can be canned in ground form. This allows for the creation of convenient and versatile canned meals like chili, sloppy joes, and spaghetti sauce.
- **Wild Game:** If you're fortunate enough to have access to wild game, such as venison, rabbit, or squirrel, these meats can also be canned. However, it's crucial to follow proper field dressing and handling procedures to ensure safety and quality.

Choosing Quality Meat for Canning

The success of your canned meat recipes hinges on the quality of the meat you start with. Here are some key factors to consider when selecting meat for canning:

- **Freshness:** Always choose the freshest meat available. Look for meat with a bright color, firm texture, and no off-putting odors. Avoid meat that appears slimy or discolored.
- **Source:** If possible, purchase meat from a trusted local butcher or farmer who can provide information about the animal's raising practices and diet.
- **Inspection:** Ensure that the meat has been inspected and passed by the relevant authorities. Look for inspection stamps or labels on the packaging.
- **Fat Content:** As mentioned earlier, leaner cuts are generally better suited for canning. Trim any excess fat before canning to prevent spoilage and improve the final product's texture.
- **Bone-In or Boneless:** Both bone-in and boneless meats can be canned. Bone-in cuts may impart additional flavor to the final product, but they also take up more space in the jars. Choose based on your preference and the specific recipe you're using.

Safe Handling and Preparation Techniques

Proper handling and preparation of meat before canning are paramount for ensuring food safety and preventing spoilage. Here's a breakdown of recommended practices:

- **Thorough Cleaning:** Wash your hands thoroughly with soap and warm water before and after handling raw meat. Clean all surfaces, utensils, and equipment that will come into contact with the meat.
- **Temperature Control:** Keep raw meat refrigerated at or below 40°F (4°C) until you're ready to use it. Thaw frozen meat in the refrigerator, never at room temperature.
- **Trimming and Cutting:** Trim away any excess fat, gristle, or connective tissue from the meat. Cut the meat into uniform pieces for even cooking and packing.

- **Pre-Cooking:** Most meats require pre-cooking before canning. This helps to render out excess fat, reduce the meat's volume, and ensure that it's cooked through during the canning process. Pre-cooking methods include simmering, roasting, or browning.
- **Packing:** Pack the pre-cooked meat loosely into clean, sterilized jars, leaving the recommended headspace (usually 1 inch for meats). Add any desired seasonings or broth, but avoid overfilling the jars.
- **Processing:** Follow the specific canning instructions for the type of meat you're preserving. This may involve either water bath canning or pressure canning, depending on the acidity of the meat and the recipe.
- **Cooling and Storing:** After processing, allow the jars to cool undisturbed. Check the seals to ensure they're airtight. Store the sealed jars in a cool, dark place.

By understanding the nuances of meat selection, preparation, and handling, you can confidently embark on your Amish meat canning journey. The rewards are abundant: a well-stocked pantry filled with delicious, nutritious, and home-preserved meats that will sustain your family throughout the year.

CHAPTER THREE

AMISH CANNING TIPS AND TRICKS

The Amish are celebrated for their practical wisdom and resourcefulness, particularly in preserving their harvests. Canning meat is one such tradition, refined over generations to ensure safety, quality, and deliciousness.

This chapter explores these time-honored practices, addressing common challenges and offering resources for further exploration of Amish canning traditions.

Time-Tested Tips for Canning Meat

Selecting the Right Meat:

- **Choose Fresh, High-Quality Meat:** Opt for locally raised and grass-fed options for superior flavor and nutritional value.
- **Inspect Carefully:** Look for signs of spoilage or damage, and trim excess fat and connective tissue before canning.

Proper Preparation:

- **Uniform Pieces:** Cut meat into uniform pieces for even cooking and processing.
- **Seasoning:** Enhance flavor with salt, pepper, and other herbs and spices.
- **Pre-Cooking:** Consider browning or pre-cooking meat for added depth of flavor and tenderness.

Jar Selection and Sterilization:

- **Canning-Specific Jars:** Ensure jars are free of cracks or chips.
- **Thorough Sterilization:** Sterilize jars, lids, and rings thoroughly to prevent spoilage and ensure safety.

Packing Techniques:

- **Loose Packing:** Pack meat loosely, leaving adequate headspace as per recipe instructions.
- **Covering Liquid:** Add broth, juice, or water to cover the meat, creating a seal that preserves flavor and texture.

Processing with Care:

- **Recommended Times and Pressures:** Follow specific processing times and pressures for the type of meat you are canning to ensure proper sterilization and safety.
- **Monitor Pressure:** Keep a close eye on pressure canner gauges and adjust heat as needed to maintain consistent pressure.

Cooling and Storage:

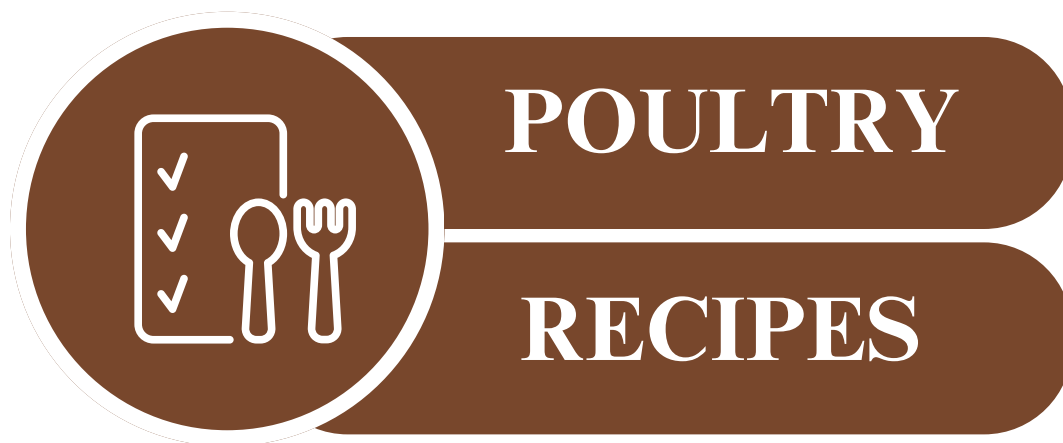
- **Cooling:** Allow jars to cool undisturbed for 24 hours to create a vacuum seal and ensure safety.
- **Storage:** Store canned meats in a cool, dark place; properly processed and stored meats can last for a year or more.

Troubleshooting Common Canning Challenges

- **Cloudy Broth:** Caused by starch or fat from the meat, it's generally harmless but can affect appearance. Skimming broth before canning helps minimize cloudiness.
- **Spoilage:** Signs include bulging lids, leaks, foul odors, or mold. Discard spoiled jars immediately. Proper sterilization and processing are crucial to prevent spoilage.
- **Loss of Liquid:** This can occur if jars are not properly sealed or if headspace is insufficient. Ensure jars are tightly sealed and follow recommended headspace guidelines.
- **Tough Meat:** Overcooking can lead to tough, dry meat. Follow recommended processing times carefully and consider pre-cooking or browning meat before canning.
- **Unpleasant Flavors:** Strong, metallic, or off-flavors can develop if jars are not properly sterilized or if poor-quality ingredients are used. Always sterilize jars thoroughly and use fresh, high-quality meat.

By following these tips, troubleshooting common challenges, and exploring available resources, you can successfully preserve the flavors of tradition and enjoy your homemade canned meats throughout the year.

Canning is both a science and an art; with practice and a willingness to learn, you can master Amish meat canning and create delicious, wholesome foods that nourish your family and honor the rich heritage of Amish food preservation.



AMISH CANNED CHICKEN IN BROTH



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3-4 pounds boneless, skinless chicken breasts or thighs, cut into 1-inch pieces
- 1 tablespoon salt
- 1 teaspoon black pepper
- ½ teaspoon dried thyme
- 1 bay leaf per jar
- Boiling water

Steps for Cooking:

1. Amish Secret: Brine the chicken for 30 minutes in a mixture of 1 quart water and ¼ cup salt. This enhances flavor and tenderness.
2. Rinse and pat chicken dry. Combine salt, pepper, and thyme in a small bowl.
3. Pack chicken into clean, sterilized jars, leaving 1-inch headspace. Add 1 bay leaf per jar.
4. Pour boiling water over chicken, leaving 1-inch headspace. Remove air bubbles and wipe jar rims.
5. Adjust lids and process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.
6. Let jars cool completely, check seals, and label. Store in a cool, dark place.

Nutritional Information (per 1 cup serving): 200 calories | 30g protein | 5g fat | 0g carbs

AMISH SPICED CANNED TURKEY



Prep Time: 20 Min



**Servings: 4 Pints or
2 Quarts**

Ingredients:

- 2 pounds boneless, skinless turkey breast, cut into 1-inch cubes
- 1 cup chopped onion
- 1 cup chopped celery
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 teaspoon ground sage
- ½ teaspoon ground nutmeg
- 1 cup chicken broth
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use rendered turkey fat instead of olive oil for richer flavor. Save the fat from roasting a turkey or purchase it separately.
2. Sauté onion and celery in oil/fat until softened. Add garlic, sage, and nutmeg; cook for 1 minute.
3. Combine turkey, vegetables, and broth in a large pot. Season with salt and pepper.
4. Bring to a simmer and cook for 15 minutes.
5. Pack hot turkey mixture into sterilized jars, leaving 1-inch headspace. Remove air bubbles and wipe jar rims.
6. Adjust lids and process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 cup serving): 250 calories | 35g protein | 10g fat | 5g carbs

AMISH DUCK CONFIT



Ingredients:

- 4 duck legs
- 4 teaspoons kosher salt
- 2 teaspoons black pepper
- 4 cloves garlic, minced
- 4 sprigs fresh thyme
- Duck fat, melted (enough to cover)



Prep Time: 30 Min



Servings: 4 Pints

Steps for Cooking:

1. Amish Secret: Cure the duck legs overnight in the refrigerator with salt, pepper, garlic, and thyme. This draws out moisture and intensifies flavor.
2. Rinse duck legs and pat dry. Place in a single layer in a heavy pot.
3. Cover with melted duck fat. Cook over low heat until duck is tender (2-3 hours).
4. Amish Secret: Preserve the rendered duck fat. Strain and store it in the refrigerator for future use.
5. Pack duck legs into sterilized jars, leaving 1-inch headspace. Cover with warm duck fat.
6. Process in a boiling water bath canner for 120 minutes.

Nutritional Information (per leg): 500 calories | 30g protein | 40g fat | 0g carbs

AMISH CANNED CHICKEN WITH DUMPLINGS



Prep Time: 45 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3 pounds boneless, skinless chicken thighs, cut into 1-inch pieces
- 2 cups chicken broth
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 onion, diced
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- Salt and pepper to taste

Dumpling Dough:

- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 cup milk

Steps for Cooking:

1. Amish Secret: Brown the chicken in a skillet for added flavor. Remove and set aside.
2. Sauté onion, carrots, and celery in the same skillet until softened. Add garlic and thyme; cook for 1 minute.
3. Combine chicken, vegetables, broth, salt, and pepper in a large pot. Bring to a simmer.
4. Prepare dumpling dough: Combine flour, baking powder, and salt. Stir in milk until a soft dough forms.
5. Drop spoonfuls of dough onto simmering chicken mixture. Cover and cook for 15 minutes.
6. Pack chicken and dumplings into sterilized jars, leaving 1-inch headspace.
7. Adjust lids and process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 105 minutes for quarts.

Nutritional Information (per 1 cup serving): 300 calories | 25g protein | 10g fat | 20g carbs

AMISH PICKLED QUAIL EGGS



Prep Time: 20 Min



Servings: 2 Pints

Ingredients:

- 24 quail eggs
- 1 cup white vinegar
- 1 cup water
- 2 tablespoons sugar
- 1 tablespoon pickling spice
- 1 teaspoon red pepper flakes (optional)

Steps for Cooking:

1. Hard-boil quail eggs. Peel and set aside.
2. Amish Secret: Use apple cider vinegar for a sweeter, more complex flavor profile.
3. Combine vinegar, water, sugar, and pickling spice in a saucepan. Bring to a boil, then reduce heat and simmer for 5 minutes.
4. Pack eggs into sterilized jars. Pour hot pickling liquid over eggs, leaving ½-inch headspace.
5. Process in a boiling water bath canner for 10 minutes. Let cool completely.
6. Amish Secret: Allow eggs to pickle in the refrigerator for at least 24 hours before serving. This enhances the flavor and texture.

Nutritional Information (per egg): 15 calories | 1g protein | 1g fat | 0g carbs

AMISH CANNED GOOSE WITH APPLES AND ONIONS



Prep Time: 30 Min



**Servings: 4 Pints or
2 Quarts**

Ingredients:

- 3 pounds boneless, skinless goose breast, cut into 1-inch cubes
- 2 large onions, chopped
- 3 apples, peeled, cored, and chopped
- 2 tablespoons apple cider vinegar
- 1 teaspoon dried sage
- ½ teaspoon ground cloves
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Render goose fat from the skin and use it for sautéing for a richer, more authentic flavor.
2. Sauté onions in goose fat until softened. Add apples and cook until slightly tender.
3. Add goose, vinegar, sage, cloves, salt, and pepper. Cook until goose is browned.
4. Pack goose mixture into sterilized jars, leaving 1-inch headspace. Remove air bubbles and wipe jar rims.
5. Adjust lids and process in a pressure canner at 10 pounds pressure: 120 minutes for pints, 150 minutes for quarts.

Nutritional Information (per 1 cup serving): 350 calories | 30g protein | 20g fat | 10g carbs

AMISH CHICKEN WITH DRIED BEANS AND CORN



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 2 pounds boneless, skinless chicken thighs, cut into 1-inch pieces
- 1 cup dried pinto beans, soaked overnight
- 1 cup frozen or fresh corn kernels
- 1 onion, diced
- 2 cloves garlic, minced
- 1 teaspoon smoked paprika
- 1 teaspoon cumin
- 4 cups chicken broth
- Salt and pepper to taste

Steps for Cooking:

1. Drain and rinse soaked beans.
2. Amish Secret: Cook the beans separately until tender, then add to the chicken mixture to prevent mushy beans in the final product.
3. Brown chicken in a large pot. Remove and set aside.
4. Sauté onion and garlic in the same pot until softened. Add spices and cook for 1 minute.
5. Return chicken to the pot. Add beans, corn, and broth. Season with salt and pepper.
6. Bring to a simmer and cook for 15 minutes.
7. Pack hot chicken mixture into sterilized jars, leaving 1-inch headspace.
8. Adjust lids and process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 cup serving): 350 calories | 30g protein | 10g fat | 30g carbs

AMISH CHICKEN AND RICE CASSEROLE



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3 pounds boneless, skinless chicken breasts, cooked and shredded
- 2 cups cooked rice
- 1 cup chopped broccoli florets
- 1 cup sliced mushrooms
- 1 cup cream of chicken soup
- ½ cup milk
- 1 cup shredded cheddar cheese
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use homemade cream of chicken soup for a richer, more authentic flavor.
2. Combine all ingredients in a large bowl. Mix well.
3. Pack chicken and rice mixture into sterilized jars, leaving 1-inch headspace.
4. Adjust lids and process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 cup serving): 380 calories | 35g protein | 15g fat | 20g carbs

AMISH CHICKEN SALAD



Prep Time: 30 Min



Servings: 4 Pints

Ingredients:

- 4 cups cooked, shredded chicken
- 1 cup chopped celery
- 1 cup chopped onion
- 1 cup mayonnaise
- 2 tablespoons Dijon mustard
- 2 tablespoons chopped fresh parsley
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use homemade mayonnaise for a fresher, more flavorful chicken salad.
2. Combine all ingredients in a large bowl. Mix well.
3. Pack chicken salad into sterilized jars, leaving 1-inch headspace. Remove air bubbles and wipe jar rims.
4. Adjust lids and process in a boiling water bath canner for 60 minutes.

Nutritional Information (per ½ cup serving): 250 calories | 20g protein | 15g fat | 5g carbs

AMISH CANNED CHICKEN AND NOODLES



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3 pounds boneless, skinless chicken breasts, cooked and shredded
- 4 cups chicken broth
- 1 onion, diced
- 2 carrots, sliced
- 2 stalks celery, sliced
- 8 ounces wide egg noodles, cooked al dente
- 1 teaspoon dried thyme
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use homemade chicken broth for richer flavor and to avoid added preservatives.
2. In a large pot, combine chicken, broth, onion, carrots, celery, noodles, thyme, salt, and pepper. Bring to a simmer and cook for 10 minutes.
3. Pack hot chicken and noodle mixture into sterilized jars, leaving 1-inch headspace.
4. Remove air bubbles, wipe jar rims, and adjust lids.
5. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 cup serving): 280 calories | 25g protein | 5g fat | 25g carbs

AMISH DICED CHICKEN IN SPICY TOMATO SAUCE



Prep Time: 20 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3 pounds boneless, skinless chicken breasts, cut into 1-inch cubes
- 28 ounces canned diced tomatoes
- 1 onion, diced
- 2 cloves garlic, minced
- 1 jalapeno pepper, seeded and diced (optional)
- 1 teaspoon chili powder
- ½ teaspoon ground cumin
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: If you prefer a milder heat, use a poblano pepper instead of jalapeno.
2. Sauté onion and garlic in a large pot until softened. Add chicken and cook until browned on all sides.
3. Stir in diced tomatoes, jalapeno, chili powder, cumin, salt, and pepper. Bring to a simmer and cook for 10 minutes.
4. Pack hot chicken mixture into sterilized jars, leaving 1-inch headspace.
5. Remove air bubbles, wipe jar rims, and adjust lids.
6. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 cup serving): 250 calories | 30g protein | 8g fat | 10g carbs

AMISH TURKEY AND VEGETABLE SOUP



Prep Time: 30 Min



**Servings: 8 Pints or
4 Quarts**

Ingredients:

- 2 pounds boneless, skinless turkey breast, cut into 1-inch cubes
- 6 cups turkey or chicken broth
- 1 cup chopped carrots
- 1 cup chopped celery
- 1 cup diced potatoes
- 1 cup frozen or fresh green peas
- 1 onion, diced
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Roast turkey bones to make a flavorful broth for the soup.
2. In a large pot, combine turkey, broth, carrots, celery, potatoes, peas, onion, garlic, thyme, salt, and pepper.
3. Bring to a boil, then reduce heat and simmer for 15 minutes, or until vegetables are tender.
4. Ladle hot soup into sterilized jars, leaving 1-inch headspace.
5. Remove air bubbles, wipe jar rims, and adjust lids.
6. Process in a pressure canner at 10 pounds pressure: 65 minutes for pints, 75 minutes for quarts.

Nutritional Information (per 1 cup serving): 200 calories | 20g protein | 5g fat | 15g carbs

AMISH CHICKEN CURRY



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3 pounds boneless, skinless chicken breasts, cut into 1-inch cubes
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tablespoon curry powder
- 1 teaspoon ground turmeric
- ½ teaspoon ground ginger
- 14 ounces coconut milk
- 1 cup chicken broth
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use fresh herbs like cilantro and mint for a more vibrant flavor profile.
2. Sauté onion and garlic in a large pot until softened. Add chicken and cook until browned on all sides.
3. Stir in curry powder, turmeric, ginger, coconut milk, and broth. Bring to a simmer.
4. Add diced bell peppers and simmer for 15 minutes, or until chicken is cooked through.
5. Pack hot chicken curry into sterilized jars, leaving 1-inch headspace.
6. Remove air bubbles, wipe jar rims, and adjust lids.
7. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 cup serving): 300 calories | 30g protein | 15g fat | 10g carbs

AMISH TURKEY POT PIE FILLING



Prep Time: 45 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 2 pounds boneless, skinless turkey breast, cooked and diced
- 2 cups diced potatoes
- 2 cups sliced carrots
- 1 cup frozen or fresh peas
- 1 onion, diced
- 2 cloves garlic, minced
- 4 cups turkey or chicken broth
- 2 tablespoons cornstarch
- 1 teaspoon dried thyme
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use leftover mashed potatoes instead of diced potatoes for a creamier filling.
2. In a large pot, combine turkey, potatoes, carrots, peas, onion, garlic, and broth. Bring to a simmer.
3. In a separate bowl, whisk cornstarch and a small amount of cold broth until smooth.
4. Add cornstarch mixture to the pot and stir until thickened. Season with thyme, salt, and pepper.
5. Pack hot pot pie filling into sterilized jars, leaving 1-inch headspace.
6. Remove air bubbles, wipe jar rims, and adjust lids.
7. Process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 105 minutes for quarts.
8. To serve, prepare your favorite pie crust recipe and fill with canned pot pie filling. Bake until crust is golden brown and filling is bubbly.

Nutritional Information (per 1 cup serving): 350 calories | 25g protein | 15g fat | 25g carbs

AMISH CANNED DUCK WITH CHERRIES AND RED WINE



Prep Time: 30 Min



**Servings: 4 Pints or
2 Quarts**

Ingredients:

- 3 pounds boneless, skinless duck breast, cut into 1-inch cubes
- 1 onion, diced
- 2 cloves garlic, minced
- 1 cup dried cherries
- 1 cup red wine
- 1 cup duck or chicken broth
- 1 teaspoon dried rosemary
- ½ teaspoon ground black pepper
- Salt to taste

Steps for Cooking:

1. Amish Secret: Marinate duck in red wine and herbs overnight for enhanced flavor and tenderness.
2. Sauté onion and garlic in a large pot until softened. Add duck and cook until browned on all sides.
3. Stir in cherries, red wine, broth, rosemary, pepper, and salt. Bring to a simmer and cook for 15 minutes.
4. Pack hot duck mixture into sterilized jars, leaving 1-inch headspace.
5. Remove air bubbles, wipe jar rims, and adjust lids.
6. Process in a pressure canner at 10 pounds pressure: 120 minutes for pints, 150 minutes for quarts.

Nutritional Information (per 1 cup serving): 400 calories | 35g protein | 20g fat | 15g carbs



AMISH CLASSIC CANNED ROAST BEEF



Prep Time: 30 Min



Servings: Varies

Ingredients:

- 3-4 pounds beef roast (chuck or round), trimmed and cut into 1-inch cubes
- 2 teaspoons salt
- 1 teaspoon black pepper
- ½ teaspoon dried thyme
- 1 bay leaf per jar
- Beef broth or water

Steps for Cooking:

1. Amish Secret: Sprinkle a pinch of baking soda over the meat before browning. This helps tenderize it and prevents it from becoming tough during canning.
2. Season beef cubes with salt, pepper, and thyme.
3. Brown beef in a skillet over medium heat.
4. Pack beef into sterilized jars, leaving 1-inch headspace. Add 1 bay leaf per jar.
5. Pour beef broth or water over beef, leaving 1-inch headspace. Remove air bubbles.
6. Adjust lids and process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 4 oz serving): 250 calories | 30g protein | 15g fat | 0g carbs

AMISH BEEF STEW



Prep Time: 45 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 2 pounds beef stew meat, cut into 1-inch cubes
- 4 cups beef broth
- 4 potatoes, peeled and diced
- 4 carrots, sliced
- 2 onions, diced
- 2 stalks celery, sliced
- 2 cloves garlic, minced
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried thyme
- 1 bay leaf
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use homemade beef broth for a richer, more flavorful stew.
2. Brown beef in a large pot over medium heat. Remove and set aside.
3. Sauté onions, carrots, and celery in the same pot until softened. Add garlic and cook for 1 minute.
4. Return beef to the pot. Add potatoes, broth, Worcestershire sauce, thyme, bay leaf, salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 30 minutes, or until beef and vegetables are tender.
6. Remove bay leaf. Pack hot stew into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 cup serving): 300 calories | 25g protein | 10g fat | 20g carbs

AMISH CORNED BEEF



Prep Time: 15 Min



Servings: Varies

Ingredients:

- 4-5 pound beef brisket, trimmed
- 1 cup pickling salt
- ½ cup brown sugar
- 1 tablespoon pickling spice
- 4 cloves garlic, crushed
- 2 bay leaves
- Water

Steps for Cooking:

1. Amish Secret: Use a brine made with apple cider instead of water for a unique flavor twist.
2. In a large pot or container, combine salt, sugar, pickling spice, garlic, bay leaves, and water to cover brisket.
3. Submerge brisket in brine and refrigerate for 5-7 days, turning occasionally.
4. Remove brisket from brine and rinse thoroughly.
5. Place brisket in a large pot and cover with fresh water. Add any desired vegetables (e.g., carrots, potatoes, cabbage).
6. Bring to a boil, then reduce heat and simmer for 3-4 hours, or until brisket is tender.
7. Let cool slightly, then slice against the grain.
8. Pack sliced corned beef into sterilized jars, leaving 1-inch headspace.
9. Add cooking liquid to jars, leaving 1-inch headspace. Remove air bubbles.
10. Adjust lids and process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 4 oz serving): 200 calories | 30g protein | 8g fat | 0g carbs

AMISH BEEF AND BARLEY SOUP



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 1 pound beef stew meat, cut into 1-inch cubes
- 4 cups beef broth
- ½ cup pearl barley
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 onion, diced
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Soak barley overnight to reduce cooking time and ensure tenderness.
2. Brown beef in a large pot over medium heat. Remove and set aside.
3. Sauté onion, carrots, and celery in the same pot until softened. Add garlic and cook for 1 minute.
4. Return beef to the pot. Add soaked and drained barley, broth, thyme, salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 30 minutes, or until barley is tender.
6. Pack hot soup into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 cup serving): 300 calories | 20g protein | 10g fat | 25g carbs

AMISH BEEF CHILI WITH BEANS



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 2 pounds ground beef
- 1 onion, diced
- 2 cloves garlic, minced
- 28 ounces canned diced tomatoes
- 15 ounces kidney beans, drained and rinsed
- 15 ounces pinto beans, drained and rinsed
- 1 cup beef broth
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon cayenne pepper (optional)
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use dried beans soaked overnight instead of canned for a more authentic flavor and texture.
2. Brown ground beef in a large pot over medium heat. Drain excess fat.
3. Add onion and garlic to the pot and cook until softened.
4. Stir in diced tomatoes, kidney beans, pinto beans, broth, chili powder, cumin, cayenne pepper (if using), salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 30 minutes, or until flavors meld.
6. Pack hot chili into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 cup serving): 350 calories | 25g protein | 15g fat | 30g carbs

AMISH GROUND BEEF AND VEGETABLE MEDLEY



Prep Time: 45 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 2 pounds ground beef
- 2 onions, diced
- 4 carrots, sliced
- 4 celery stalks, sliced
- 2 green bell peppers, diced
- 28 ounces canned diced tomatoes
- 2 cups beef broth
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use fresh garden vegetables for the most vibrant flavors and textures.
2. Brown ground beef in a large pot over medium heat. Drain excess fat.
3. Add onions, carrots, celery, and bell peppers to the pot and cook until softened.
4. Stir in diced tomatoes, broth, oregano, basil, salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 15 minutes, or until vegetables are tender.
6. Pack hot vegetable mixture into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 cup serving): 280 calories | 25g protein | 10g fat | 15g carbs

AMISH BEEF STROGANOFF



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 2 pounds beef sirloin, thinly sliced
- 1 onion, sliced
- 8 ounces mushrooms, sliced
- 2 cloves garlic, minced
- 2 cups beef broth
- 1 cup sour cream
- 2 tablespoons all-purpose flour
- 1 teaspoon dried thyme
- Salt and pepper to taste
- Cooked egg noodles (optional, for serving)

Steps for Cooking:

1. Amish Secret: Brown the beef in batches to prevent overcrowding and ensure a good sear.
2. Sauté onion and mushrooms in a large pot until softened. Add garlic and cook for 1 minute.
3. Whisk together broth and flour until smooth. Add to the pot along with thyme, salt, and pepper.
4. Bring to a simmer and cook until thickened. Stir in sour cream and cooked beef.
5. Pack hot beef stroganoff into sterilized jars, leaving 1-inch headspace.
6. Remove air bubbles, wipe jar rims, and adjust lids.
7. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.
8. Serve over cooked egg noodles, if desired.

Nutritional Information (per 1 cup serving): 350 calories | 30g protein | 20g fat | 10g carbs

AMISH BARBECUE BEEF



Prep Time: 20 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3 pounds beef chuck roast, cut into 1-inch cubes
- 2 cups barbecue sauce (homemade or store-bought)
- 1 onion, diced
- 2 cloves garlic, minced
- ½ cup apple cider vinegar
- 2 tablespoons brown sugar
- 1 tablespoon Worcestershire sauce
- 1 teaspoon smoked paprika
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use a combination of applewood and hickory wood chips when smoking the beef for an authentic Amish barbecue flavor.
2. Brown beef cubes in a large pot over medium heat.
3. Add onion and garlic to the pot and cook until softened.
4. Stir in barbecue sauce, vinegar, brown sugar, Worcestershire sauce, paprika, salt, and pepper.
5. Bring to a simmer and cook for 15 minutes.
6. Pack hot barbecue beef into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 cup serving): 300 calories | 30g protein | 15g fat | 15g carbs

AMISH BEEF AND VEGETABLE SOUP WITH MEATBALLS



Prep Time: 45 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 1 pound ground beef
- ½ cup bread crumbs
- ¼ cup milk
- 1 egg, beaten
- 1 teaspoon dried oregano
- Salt and pepper to taste
- 4 cups beef broth
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 onion, diced
- 2 cloves garlic, minced
- 1 cup frozen or fresh green beans
- ½ cup small pasta (e.g., ditalini)
- 1 teaspoon dried thyme
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use leftover bread for the breadcrumbs to minimize waste and add flavor.
2. Combine ground beef, bread crumbs, milk, egg, oregano, salt, and pepper in a bowl. Mix well and form into small meatballs.
3. Brown meatballs in a large pot over medium heat. Remove and set aside.
4. Sauté onion, carrots, and celery in the same pot until softened. Add garlic and cook for 1 minute.
5. Return meatballs to the pot. Add broth, green beans, pasta, thyme, salt, and pepper.
6. Bring to a boil, then reduce heat and simmer for 15 minutes, or until vegetables are tender.
7. Pack hot soup into sterilized jars, leaving 1-inch headspace.
8. Remove air bubbles, wipe jar rims, and adjust lids.
9. Process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 cup serving): 320 calories | 25g protein | 12g fat | 20g carbs

AMISH BEEF BRISKET WITH ROOT VEGETABLES



Prep Time: 30 Min



**Servings: 4 Pints or
2 Quarts**

Ingredients:

- 3 pounds beef brisket, trimmed
- 4 cups beef broth
- 2 large carrots, chopped
- 2 parsnips, chopped
- 2 turnips, peeled and cubed
- 1 onion, diced
- 4 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 bay leaf
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Sear the brisket in a hot skillet before canning to enhance flavor and color.
2. Brown brisket in a large pot over medium heat. Remove and set aside.
3. Add onions, carrots, parsnips, and turnips to the pot and cook until slightly softened.
4. Add garlic and thyme; cook for 1 minute more.
5. Return brisket to the pot. Add broth, bay leaf, salt, and pepper. Bring to a boil, then reduce heat and simmer for 1 hour.
6. Pack hot brisket and vegetables into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 10 pounds pressure: 120 minutes for pints, 150 minutes for quarts.

Nutritional Information (per 1 cup serving): 350 calories | 35g protein | 15g fat | 10g carbs

AMISH SPICY BEEF JERKY



Prep Time: 30 Min



Servings: Varies

Ingredients:

- 2 pounds lean beef, sliced thinly against the grain
- ½ cup soy sauce
- ¼ cup Worcestershire sauce
- 2 tablespoons brown sugar
- 1 tablespoon chili powder
- 1 teaspoon smoked paprika
- ½ teaspoon cayenne pepper (adjust to taste)
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon black pepper

Steps for Cooking:

1. Amish Secret: For a more intense flavor, marinate the beef for up to 24 hours.
2. Combine all ingredients except beef in a bowl. Whisk until well combined.
3. Place beef slices in a large resealable bag. Pour marinade over beef, seal bag, and refrigerate overnight.
4. Amish Secret: Use a dehydrator for even drying and optimal jerky texture. Preheat to 160°F.
5. Arrange beef slices in a single layer on dehydrator trays.
6. Dehydrate for 8-12 hours, or until jerky is dry and leathery.

Nutritional Information (per 1 oz serving): 80 calories | 12g protein | 2g fat | 2g carbs

AMISH BEEF AND MUSHROOM GRAVY



Prep Time: 20 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 1 pound ground beef
- 8 ounces mushrooms, sliced
- 1 onion, diced
- 2 cloves garlic, minced
- 4 cups beef broth
- 2 tablespoons all-purpose flour
- 1 teaspoon dried thyme
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use homemade beef broth for a richer, more flavorful gravy.
2. Brown ground beef in a large pot over medium heat. Drain excess fat.
3. Add onion and mushrooms to the pot and cook until softened. Add garlic and cook for 1 minute.
4. Whisk together broth and flour until smooth. Add to the pot along with thyme, salt, and pepper.
5. Bring to a simmer and cook until thickened, stirring occasionally.
6. Pack hot gravy into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per ¼ cup serving): 100 calories | 5g protein | 8g fat | 2g carbs

AMISH SAUERBRATEN



Prep Time: 20 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3 pounds beef roast (rump or bottom round), trimmed and cut into 1-inch cubes
- 4 cups red wine vinegar
- 2 cups water
- 1 onion, sliced
- 2 carrots, sliced
- 1 tablespoon pickling spice
- 4 cloves garlic, crushed
- 2 bay leaves
- 1 teaspoon peppercorns
- Salt to taste

Steps for Cooking:

1. Amish Secret: Use a combination of red wine and apple cider vinegar for a more complex flavor profile in the marinade.
2. In a non-reactive container, combine vinegar, water, onion, carrots, pickling spice, garlic, bay leaves, and peppercorns.
3. Add beef cubes to the marinade and refrigerate for 3-5 days, turning occasionally.
4. Remove beef from marinade and pat dry. Reserve marinade.
5. Brown beef in a skillet over medium heat.
6. Strain marinade and add enough water to make 4 cups of liquid.
7. Pack beef into sterilized jars, leaving 1-inch headspace. Pour marinade over beef, leaving 1-inch headspace.
8. Remove air bubbles, wipe jar rims, and adjust lids.
9. Process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 4 oz serving): 220 calories | 30g protein | 8g fat | 5g carbs

AMISH BEEF AND VEGETABLE CURRY



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 2 pounds beef stew meat, cut into 1-inch cubes
- 1 onion, diced
- 2 cloves garlic, minced
- 2 tablespoons curry powder
- 1 teaspoon ground turmeric
- ½ teaspoon ground cumin
- 14 ounces coconut milk
- 1 cup beef broth
- 2 carrots, chopped
- 2 potatoes, peeled and diced
- 1 green bell pepper, diced
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use a combination of different curry powders for a more complex flavor.
2. Brown beef in a large pot over medium heat. Remove and set aside.
3. Sauté onion and garlic in the same pot until softened. Add curry powder, turmeric, and cumin; cook for 1 minute.
4. Return beef to the pot. Add coconut milk, broth, carrots, potatoes, bell pepper, salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 15 minutes, or until vegetables are tender.
6. Pack hot curry into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 cup serving): 350 calories | 25g protein | 20g fat | 15g carbs

AMISH BEEF GOULASH



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

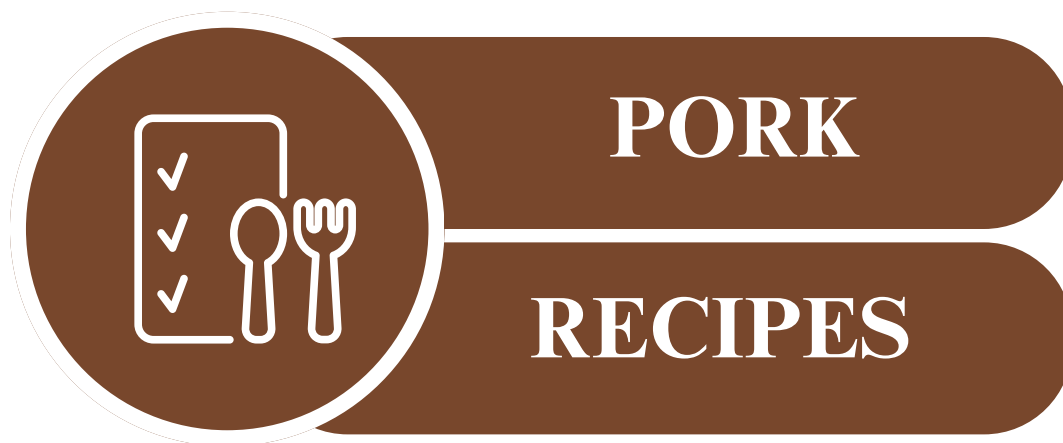
Ingredients:

- 2 pounds beef stew meat, cut into 1-inch cubes
- 1 onion, diced
- 2 cloves garlic, minced
- 28 ounces canned diced tomatoes
- 1 cup beef broth
- 1 tablespoon paprika
- 1 teaspoon caraway seeds
- ½ teaspoon dried marjoram
- Salt and pepper to taste
- 8 ounces wide egg noodles, cooked al dente (optional)

Steps for Cooking:

1. Amish Secret: Add a dollop of sour cream to each serving for a creamy, tangy touch.
2. Brown beef in a large pot over medium heat. Remove and set aside.
3. Sauté onion and garlic in the same pot until softened.
4. Return beef to the pot. Add diced tomatoes, broth, paprika, caraway seeds, marjoram, salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 30 minutes, or until beef is tender.
6. If using, stir in cooked noodles just before canning.
7. Pack hot goulash into sterilized jars, leaving 1-inch headspace.
8. Remove air bubbles, wipe jar rims, and adjust lids.
9. Process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 cup serving): 300 calories | 25g protein | 10g fat | 20g carbs



AMISH CANNED PULLED PORK



Prep Time: 20 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 4 pounds boneless pork shoulder, trimmed and cut into 2-inch chunks
- 1 cup apple cider vinegar
- ½ cup brown sugar
- 1 tablespoon smoked paprika
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon cayenne pepper (optional)
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Slow cook the pork shoulder in a Dutch oven with apple cider vinegar and a few sprigs of fresh thyme for a tender, flavorful base.
2. Shred cooked pork using two forks.
3. In a separate bowl, combine brown sugar, paprika, chili powder, garlic powder, onion powder, cayenne pepper (if using), salt, and pepper.
4. Add spice mixture to shredded pork and mix well.
5. Pack pork into sterilized jars, leaving 1-inch headspace.
6. Remove air bubbles, wipe jar rims, and adjust lids.
7. Process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 cup serving): 300 calories | 35g protein | 15g fat | 5g carbs

AMISH CANNED PORK SAUSAGE



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3 pounds ground pork
- 1 cup chopped onion
- 1 cup chopped green bell pepper
- 2 cloves garlic, minced
- 1 tablespoon sage
- 1 teaspoon dried thyme
- ½ teaspoon red pepper flakes (optional)
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use fresh sage for a more authentic flavor.
2. Brown ground pork in a skillet over medium heat. Drain excess fat.
3. Add onion and green pepper to the skillet and cook until softened. Add garlic, sage, thyme, red pepper flakes (if using), salt, and pepper; cook for 1 minute more.
4. Pack pork sausage mixture into sterilized jars, leaving 1-inch headspace.
5. Remove air bubbles, wipe jar rims, and adjust lids.
6. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 cup serving): 350 calories | 30g protein | 25g fat | 5g carbs

AMISH CANNED PORK CHOPS WITH APPLES AND ONIONS



Prep Time: 30 Min



**Servings: 4 Pints or
2 Quarts**

Ingredients:

- 4 bone-in pork chops, trimmed
- 2 large onions, sliced
- 2 apples, peeled, cored, and sliced
- 1 cup apple cider
- 1 tablespoon brown sugar
- 1 teaspoon dried sage
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Brown the pork chops in a skillet before canning to lock in flavor and juices.
2. Brown pork chops in a skillet over medium heat. Remove and set aside.
3. Add onions and apples to the skillet and cook until softened.
4. Layer pork chops, onions, and apples in sterilized jars.
5. In a separate bowl, combine apple cider, brown sugar, sage, salt, and pepper. Pour over pork chops in jars, leaving 1-inch headspace.
6. Remove air bubbles, wipe jar rims, and adjust lids.
7. Process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 chop serving): 300 calories | 35g protein | 15g fat | 10g carbs

AMISH SWEET AND SOUR SPARERIBS



Prep Time: 20 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 4 pounds pork spareribs, cut into individual ribs
- 1 cup ketchup
- ½ cup apple cider vinegar
- ½ cup brown sugar
- ¼ cup soy sauce
- 2 tablespoons cornstarch
- 1 teaspoon ground ginger
- 1 clove garlic, minced
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Marinate ribs overnight in a mixture of apple cider vinegar, brown sugar, and spices for enhanced flavor and tenderness.
2. Preheat oven to 350°F (175°C).
3. Brown ribs in a skillet over medium heat.
4. In a saucepan, combine ketchup, vinegar, brown sugar, soy sauce, cornstarch, ginger, garlic, salt, and pepper. Bring to a boil, then reduce heat and simmer for 5 minutes, or until thickened.
5. Place ribs in a large baking dish and pour sauce over them.
6. Bake for 30 minutes, or until ribs are tender.
7. Pack ribs and sauce into sterilized jars, leaving 1-inch headspace.
8. Remove air bubbles, wipe jar rims, and adjust lids.
9. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 rib serving): 250 calories | 20g protein | 15g fat | 10g carbs

AMISH PORK AND SAUERKRAUT



Prep Time: 20 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3 pounds boneless pork shoulder, cut into 1-inch cubes
- 2 pounds sauerkraut, drained and rinsed
- 1 onion, diced
- 2 apples, peeled, cored, and diced
- 1 cup apple cider
- 1 teaspoon caraway seeds
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use homemade sauerkraut for a more authentic flavor and probiotic benefits.
2. Brown pork cubes in a large pot over medium heat. Remove and set aside.
3. Add onion and apples to the pot and cook until softened.
4. Return pork to the pot. Add sauerkraut, apple cider, caraway seeds, salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 30 minutes, or until pork is tender.
6. Pack hot pork and sauerkraut mixture into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 cup serving): 300 calories | 25g protein | 15g fat | 10g carbs

AMISH PORK CARNITAS



Prep Time: 20 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3 pounds boneless pork shoulder, cut into 2-inch chunks
- 1 onion, quartered
- 4 cloves garlic, peeled
- 2 limes, juiced
- 1 orange, juiced
- 1 teaspoon dried oregano
- 1 teaspoon ground cumin
- ½ teaspoon chili powder
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use lard or pork fat instead of vegetable oil for a richer, more authentic flavor.
2. Brown pork chunks in a large pot over medium heat.
3. Add onion, garlic, lime juice, orange juice, oregano, cumin, chili powder, salt, and pepper.
4. Bring to a boil, then reduce heat and simmer for 2 hours, or until pork is very tender and easily shredded.
5. Shred pork using two forks.
6. Pack shredded pork into sterilized jars, leaving 1-inch headspace.
7. Add cooking liquid to jars, leaving 1-inch headspace. Remove air bubbles.
8. Adjust lids and process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 cup serving): 350 calories | 30g protein | 20g fat | 5g carbs

AMISH SMOKED SAUSAGE WITH APPLES AND ONIONS



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3 pounds smoked sausage links, sliced
- 2 large onions, sliced
- 3 apples, peeled, cored, and sliced
- 1 cup apple cider vinegar
- ½ cup brown sugar
- 1 tablespoon whole grain mustard
- 1 teaspoon ground cloves
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use a combination of sweet and tart apples, such as Honeycrisp and Granny Smith, for a balanced flavor profile.
2. In a large pot, combine sausage, onions, apples, vinegar, brown sugar, mustard, cloves, salt, and pepper.
3. Bring to a boil, then reduce heat and simmer for 15 minutes, or until apples are tender.
4. Pack hot sausage mixture into sterilized jars, leaving 1-inch headspace.
5. Remove air bubbles, wipe jar rims, and adjust lids.
6. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 cup serving): 350 calories | 20g protein | 25g fat | 10g carbs

AMISH PORK TENDERLOIN WITH CRANBERRY SAUCE



Prep Time: 20 Min



**Servings: 4 Pints or
2 Quarts**

Ingredients:

- 2 pounds pork tenderloin, trimmed and cut into 1-inch medallions
- 1 cup cranberry sauce (homemade or canned)
- ½ cup orange juice
- 2 tablespoons Dijon mustard
- 1 tablespoon honey
- 1 teaspoon dried rosemary
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Sear the pork tenderloin medallions before canning to enhance flavor and color.
2. Brown pork medallions in a skillet over medium heat.
3. In a bowl, combine cranberry sauce, orange juice, mustard, honey, rosemary, salt, and pepper.
4. Pour sauce over pork in jars, leaving 1-inch headspace.
5. Remove air bubbles, wipe jar rims, and adjust lids.
6. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 medallion serving): 200 calories | 25g protein | 8g fat | 10g carbs

AMISH COUNTRY-STYLE PORK RIBS



Prep Time: 20 Min



**Servings: 4 Pints or
2 Quarts**

Ingredients:

- 4 pounds pork country-style ribs
- 2 cups barbecue sauce (homemade or store-bought)
- 1 cup water
- 1 onion, diced
- 2 cloves garlic, minced
- ½ teaspoon liquid smoke
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Smoke the ribs for a few hours before canning to infuse them with a deeper flavor.
2. Brown ribs in a large pot over medium heat.
3. Add barbecue sauce, water, onion, garlic, liquid smoke, salt, and pepper.
4. Bring to a boil, then reduce heat and simmer for 30 minutes, or until ribs are tender.
5. Pack ribs and sauce into sterilized jars, leaving 1-inch headspace.
6. Remove air bubbles, wipe jar rims, and adjust lids.
7. Process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 rib serving): 300 calories | 25g protein | 20g fat | 5g carbs

AMISH PORK AND APPLE SAUSAGE



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3 pounds ground pork
- 1 cup finely chopped apples (peeled and cored)
- ½ cup chopped onion
- 2 cloves garlic, minced
- 1 tablespoon fresh sage, chopped
- 1 teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ½ teaspoon ground cloves
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use a combination of sweet and tart apples, such as Honeycrisp and Granny Smith, for a balanced flavor profile.
2. In a large bowl, combine ground pork, apples, onion, garlic, sage, cinnamon, nutmeg, cloves, salt, and pepper. Mix well.
3. Form the mixture into patties or use a sausage stuffer to create links.
4. Brown sausage patties or links in a skillet over medium heat.
5. Pack sausage into sterilized jars, leaving 1-inch headspace.
6. Remove air bubbles, wipe jar rims, and adjust lids.
7. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 4 oz serving): 280 calories | 25g protein | 18g fat | 5g carbs

AMISH PORK GREEN CHILI



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 2 pounds boneless pork shoulder, cut into 1-inch cubes
- 1 onion, diced
- 4 cloves garlic, minced
- 28 ounces canned diced tomatoes
- 14 ounces canned diced green chilies
- 4 cups chicken broth
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon oregano
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use a combination of mild and hot green chilies for a more complex flavor.
2. Brown pork cubes in a large pot over medium heat. Remove and set aside.
3. Add onion and garlic to the pot and cook until softened.
4. Return pork to the pot. Stir in diced tomatoes, green chilies, broth, chili powder, cumin, oregano, salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 30 minutes, or until pork is tender.
6. Pack hot chili into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 cup serving): 300 calories | 25g protein | 15g fat | 10g carbs

AMISH PORK RAGU



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 2 pounds ground pork
- 1 onion, diced
- 2 cloves garlic, minced
- 28 ounces crushed tomatoes
- 1 cup beef broth
- 2 tablespoons tomato paste
- 1 tablespoon dried oregano
- 1 teaspoon dried basil
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use fire-roasted tomatoes for a deeper, smokier flavor.
2. Brown ground pork in a large pot over medium heat. Drain excess fat.
3. Add onion and garlic to the pot and cook until softened.
4. Stir in crushed tomatoes, broth, tomato paste, oregano, basil, salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 30 minutes, or until flavors meld.
6. Pack hot ragu into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.
9. Serve over your favorite pasta.

Nutritional Information (per 1 cup serving): 280 calories | 20g protein | 15g fat | 10g carbs

AMISH PORK ADOBO



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3 pounds boneless pork shoulder, cut into 1-inch cubes
- 1 cup soy sauce
- ½ cup apple cider vinegar
- ¼ cup brown sugar
- 3 cloves garlic, minced
- 1 tablespoon black peppercorns
- 2 bay leaves
- 1 teaspoon dried oregano
- Salt to taste

Steps for Cooking:

1. Amish Secret: Marinate the pork overnight in a mixture of soy sauce, vinegar, and spices for a more intense flavor.
2. Brown pork cubes in a large pot over medium heat.
3. Add soy sauce, vinegar, brown sugar, garlic, peppercorns, bay leaves, oregano, and salt.
4. Bring to a boil, then reduce heat and simmer for 30 minutes, or until pork is tender.
5. Pack hot adobo into sterilized jars, leaving 1-inch headspace.
6. Remove air bubbles, wipe jar rims, and adjust lids.
7. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 cup serving): 300 calories | 30g protein | 15g fat | 5g carbs

AMISH PORK VINDALOO



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3 pounds boneless pork shoulder, cut into 1-inch cubes
- 1 onion, diced
- 4 cloves garlic, minced
- 2 tablespoons vindaloo curry paste
- 14 ounces diced tomatoes
- 1 cup coconut milk
- 1 cup chicken broth
- 2 potatoes, peeled and diced
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use a combination of different chilies for the vindaloo paste to create a more complex flavor profile.
2. Brown pork cubes in a large pot over medium heat. Remove and set aside.
3. Add onion and garlic to the pot and cook until softened.
4. Stir in vindaloo paste and cook for 1 minute.
5. Return pork to the pot. Add diced tomatoes, coconut milk, broth, potatoes, salt, and pepper.
6. Bring to a boil, then reduce heat and simmer for 30 minutes, or until pork and potatoes are tender.
7. Pack hot vindaloo into sterilized jars, leaving 1-inch headspace.
8. Remove air bubbles, wipe jar rims, and adjust lids.
9. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 cup serving): 350 calories | 25g protein | 20g fat | 15g carbs

AMISH SWEET & SPICY PORK RIBS



Prep Time: 20 Min



**Servings: 4 Pints or
2 Quarts**

Ingredients:

- 4 pounds pork spareribs, cut into individual ribs
- 1 cup honey
- ½ cup apple cider vinegar
- ¼ cup soy sauce
- 2 tablespoons chili powder
- 1 tablespoon garlic powder
- ½ teaspoon cayenne pepper
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Score the back of the ribs to allow the marinade to penetrate deeper.
2. In a bowl, whisk together honey, vinegar, soy sauce, chili powder, garlic powder, cayenne pepper, salt, and pepper.
3. Place ribs in a large resealable bag and pour marinade over them. Seal bag and refrigerate for at least 4 hours, or overnight.
4. Preheat oven to 350°F (175°C).
5. Remove ribs from marinade and place in a baking dish.
6. Bake for 30 minutes, or until ribs are tender.
7. Pack ribs into sterilized jars, leaving 1-inch headspace. Pour remaining marinade over ribs.
8. Remove air bubbles, wipe jar rims, and adjust lids.
9. Process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 rib serving): 300 calories | 25g protein | 18g fat | 10g carbs



AMISH CANNED VENISON STEW



Prep Time: 45 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 2 pounds boneless venison, cut into 1-inch cubes
- 4 cups venison or beef broth
- 4 potatoes, peeled and diced
- 4 carrots, sliced
- 2 onions, diced
- 2 stalks celery, sliced
- 2 cloves garlic, minced
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dried thyme
- 1 bay leaf
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Soak venison cubes in buttermilk overnight to tenderize the meat.
2. Drain and pat dry venison. Brown in a large pot over medium heat. Remove and set aside.
3. Sauté onions, carrots, and celery in the same pot until softened. Add garlic and cook for 1 minute.
4. Return venison to the pot. Add potatoes, broth, Worcestershire sauce, thyme, bay leaf, salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 45 minutes, or until venison is tender.
6. Remove bay leaf. Pack hot stew into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 11 pounds pressure: 100 minutes for pints, 120 minutes for quarts.

Nutritional Information (per 1 cup serving): 280 calories | 30g protein | 8g fat | 20g carbs

AMISH CANNED RABBIT WITH GRAVY



Prep Time: 30 Min



**Servings: 4 Pints or
2 Quarts**

Ingredients:

- 2 rabbits, cut into serving pieces
- 4 cups chicken broth
- 2 tablespoons all-purpose flour
- 1 onion, diced
- 2 cloves garlic, minced
- 1 tablespoon dried thyme
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Soak rabbit pieces in salted water for 30 minutes to draw out any impurities and gaminess.
2. Rinse and pat dry rabbit pieces. Brown in a large pot over medium heat. Remove and set aside.
3. Sauté onion and garlic in the same pot until softened.
4. Whisk flour into broth until smooth. Add to the pot along with thyme, salt, and pepper.
5. Return rabbit to the pot. Bring to a simmer and cook for 30 minutes, or until rabbit is tender.
6. Pack rabbit and gravy into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 cup serving): 250 calories | 35g protein | 8g fat | 5g carbs

AMISH CANNED SQUIRREL BRUNSWICK STEW



Prep Time: 45 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 2 pounds squirrel meat, cut into 1-inch cubes
- 28 ounces diced tomatoes
- 15 ounces corn, drained
- 15 ounces lima beans, drained
- 1 onion, diced
- 2 cloves garlic, minced
- 2 tablespoons Worcestershire sauce
- 1 tablespoon apple cider vinegar
- 1 teaspoon smoked paprika
- ½ teaspoon cayenne pepper (optional)
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Parboil squirrel meat for 15 minutes to remove any gaminess before adding to the stew.
2. Brown squirrel meat in a large pot over medium heat. Remove and set aside.
3. Sauté onion and garlic in the same pot until softened.
4. Return squirrel meat to the pot. Add diced tomatoes, corn, lima beans, Worcestershire sauce, vinegar, paprika, cayenne pepper (if using), salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 30 minutes, or until squirrel meat is tender.
6. Pack hot stew into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 11 pounds pressure: 100 minutes for pints, 120 minutes for quarts.

Nutritional Information (per 1 cup serving): 300 calories | 25g protein | 10g fat | 25g carbs

AMISH CANNED VENISON CHILI



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 2 pounds ground venison
- 1 onion, diced
- 2 cloves garlic, minced
- 28 ounces canned diced tomatoes
- 15 ounces kidney beans, drained and rinsed
- 15 ounces pinto beans, drained and rinsed
- 1 cup beef broth
- 2 tablespoons chili powder
- 1 teaspoon ground cumin
- ½ teaspoon cayenne pepper (optional)
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Use a combination of ground venison and ground pork (50/50) for a richer flavor and texture.
2. Brown ground venison in a large pot over medium heat. Drain excess fat.
3. Add onion and garlic to the pot and cook until softened.
4. Stir in diced tomatoes, kidney beans, pinto beans, broth, chili powder, cumin, cayenne pepper (if using), salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 30 minutes, or until flavors meld.
6. Pack hot chili into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 11 pounds pressure (adjust for altitude): 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 cup serving): 320 calories | 30g protein | 10g fat | 25g carbs

AMISH RABBIT CACCIATORE



Prep Time: 30 Min



**Servings: 4 Pints or
2 Quarts**

Ingredients:

- 2 rabbits, cut into serving pieces
- 1 onion, diced
- 2 cloves garlic, minced
- 28 ounces canned diced tomatoes
- 1 cup chicken broth
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Soak rabbit pieces in buttermilk overnight to tenderize the meat and reduce gaminess.
2. Brown rabbit pieces in a large pot over medium heat. Remove and set aside.
3. Add onion and garlic to the pot and cook until softened.
4. Return rabbit to the pot. Stir in diced tomatoes, broth, bell peppers, oregano, basil, salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 30 minutes, or until rabbit is tender.
6. Pack hot cacciatore into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 cup serving): 250 calories | 35g protein | 8g fat | 10g carbs

AMISH WILD BOAR SAUSAGE



Prep Time: 45 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3 pounds ground wild boar
- 1 pound ground pork
- 1 cup chopped onion
- 2 cloves garlic, minced
- 1 tablespoon fennel seeds
- 1 teaspoon red pepper flakes
- ½ teaspoon ground black pepper
- 1 teaspoon salt

Steps for Cooking:

1. Amish Secret: Soak ground wild boar in milk for 30 minutes to reduce gaminess. Drain well.
2. In a large bowl, combine ground wild boar, ground pork, onion, garlic, fennel seeds, red pepper flakes, black pepper, and salt. Mix well.
3. Form mixture into patties or use a sausage stuffer to create links.
4. Brown sausage patties or links in a skillet over medium heat.
5. Pack sausage into sterilized jars, leaving 1-inch headspace.
6. Remove air bubbles, wipe jar rims, and adjust lids.
7. Process in a pressure canner at 11 pounds pressure (adjust for altitude): 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 4 oz serving): 250 calories | 25g protein | 18g fat | 2g carbs

AMISH VENISON POT ROAST WITH WILD MUSHROOMS



Prep Time: 30 Min



**Servings: 4 Pints or
Quarts**

Ingredients:

- 3 pounds boneless venison roast (rump or shoulder), trimmed
- 8 ounces wild mushrooms (chanterelles, morels, or other), cleaned and sliced
- 1 onion, diced
- 4 cloves garlic, minced
- 2 cups beef broth
- 1 cup red wine
- 1 tablespoon tomato paste
- 1 teaspoon dried thyme
- 1 bay leaf
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Marinate the venison roast in red wine and herbs overnight for increased tenderness and flavor.
2. Brown venison roast in a large pot over medium heat. Remove and set aside.
3. Add onions and mushrooms to the pot and cook until softened. Add garlic and cook for 1 minute.
4. Return venison to the pot. Stir in broth, wine, tomato paste, thyme, bay leaf, salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 1 hour, or until venison is tender.
6. Pack hot pot roast and vegetables into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 11 pounds pressure (adjust for altitude): 120 minutes for pints, 150 minutes for quarts.

Nutritional Information (per 1 cup serving): 350 calories | 35g protein | 15g fat | 10g carbs

AMISH RABBIT PÂTÉ



Prep Time: 45 Min



Servings: 4 Half-Pints

Ingredients:

- 2 rabbits, deboned and ground
- ½ pound pork fat, diced
- 1 onion, diced
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- ½ teaspoon ground nutmeg
- ¼ teaspoon ground cloves
- Salt and pepper to taste
- ¼ cup brandy (optional)

Steps for Cooking:

1. Amish Secret: Soak the ground rabbit meat in milk for 30 minutes to reduce gaminess. Drain well.
2. In a large skillet, cook pork fat over medium heat until rendered. Remove cracklings and reserve fat.
3. Add onion, garlic, thyme, nutmeg, cloves, salt, and pepper to the skillet and cook until softened.
4. Add ground rabbit and cook until browned. Drain excess fat.
5. Transfer mixture to a food processor and puree until smooth. Stir in brandy (if using).
6. Pack pâté into sterilized half-pint jars, leaving ½-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a boiling water bath canner for 90 minutes.

Nutritional Information (per 2 oz serving): 250 calories | 15g protein | 20g fat | 2g carbs

AMISH SQUIRREL AND DUMPLINGS



Prep Time: 45 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 2 pounds squirrel meat, cut into 1-inch cubes
- 4 cups chicken broth
- 4 potatoes, peeled and diced
- 2 carrots, sliced
- 1 onion, diced
- 2 cloves garlic, minced
- 1 teaspoon dried thyme
- Salt and pepper to taste

Dumpling Dough:

- 2 cups all-purpose flour
- 4 teaspoons baking powder
- 1 teaspoon salt
- 1 cup milk

Steps for Cooking:

1. Amish Secret: Parboil squirrel meat for 15 minutes to remove any gaminess.
2. Drain and pat dry squirrel meat. Brown in a large pot over medium heat. Remove and set aside.
3. Sauté onion, carrots, and garlic in the same pot until softened. Add thyme, salt, and pepper.
4. Return squirrel meat to the pot. Add broth and potatoes. Bring to a boil, then reduce heat and simmer for 30 minutes.
5. Prepare dumpling dough: Combine flour, baking powder, and salt. Stir in milk until a soft dough forms.
6. Drop spoonfuls of dough onto simmering stew. Cover and cook for 15 minutes.
7. Pack stew and dumplings into sterilized jars, leaving 1-inch headspace.
8. Remove air bubbles, wipe jar rims, and adjust lids.
9. Process in a pressure canner at 11 pounds pressure (adjust for altitude): 100 minutes for pints, 120 minutes for quarts.

Nutritional Information (per 1 cup serving): 300 calories | 25g protein | 10g fat | 20g carbs

AMISH VENISON SAUSAGE WITH JUNIPER BERRIES



Prep Time: 45 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 3 pounds ground venison
- 1 pound ground pork
- ½ cup dried cranberries
- ¼ cup chopped pecans
- 2 tablespoons juniper berries, crushed
- 1 tablespoon fresh thyme, chopped
- 1 teaspoon ground black pepper
- 1 teaspoon salt

Steps for Cooking:

1. Amish Secret: Soak dried cranberries in warm water for 15 minutes to plump them up before adding to the sausage mixture.
2. In a large bowl, combine ground venison, ground pork, cranberries, pecans, juniper berries, thyme, pepper, and salt. Mix thoroughly.
3. Form the mixture into patties or use a sausage stuffer to create links.
4. Brown sausage patties or links in a skillet over medium heat.
5. Pack sausage into sterilized jars, leaving 1-inch headspace.
6. Remove air bubbles, wipe jar rims, and adjust lids.
7. Process in a pressure canner at 11 pounds pressure (adjust for altitude): 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 4 oz serving): 270 calories | 25g protein | 18g fat | 5g carbs

AMISH WILD BOAR RIBS WITH BLACKBERRY BARBECUE SAUCE



Prep Time: 20 Min



**Servings: 4 Pints or
2 Quarts**

Ingredients:

- 4 pounds wild boar ribs
- 2 cups blackberry barbecue sauce (homemade or store-bought)
- 1 cup water
- 1 onion, diced
- 2 cloves garlic, minced
- ½ teaspoon liquid smoke
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Marinate the ribs overnight in a mixture of blackberry jam, apple cider vinegar, and spices to tenderize the meat and infuse it with flavor.
2. Brown ribs in a large pot over medium heat.
3. Add barbecue sauce, water, onion, garlic, liquid smoke, salt, and pepper.
4. Bring to a boil, then reduce heat and simmer for 30 minutes, or until ribs are tender.
5. Pack ribs and sauce into sterilized jars, leaving 1-inch headspace.
6. Remove air bubbles, wipe jar rims, and adjust lids.
7. Process in a pressure canner at 11 pounds pressure (adjust for altitude): 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 rib serving): 320 calories | 25g protein | 20g fat | 10g carbs

AMISH SMOKED DUCK WITH ORANGE GLAZE



Prep Time: 30 Min



**Servings: 4 Pints or
2 Quarts**

Ingredients:

- 4 whole duck legs
- 1 cup kosher salt
- 1 cup brown sugar
- 1 gallon water
- 1 cup orange marmalade
- ¼ cup Dijon mustard
- 1 tablespoon apple cider vinegar
- ½ teaspoon ground ginger

Steps for Cooking:

1. Amish Secret: Brine the duck legs overnight in a mixture of salt, brown sugar, and water to enhance flavor and moisture.
2. Rinse and pat dry duck legs.
3. Smoke duck legs for 2-3 hours at 225°F (107°C).
4. In a saucepan, combine marmalade, mustard, vinegar, and ginger. Heat until melted and smooth.
5. Pack duck legs into sterilized jars, leaving 1-inch headspace. Pour orange glaze over duck legs.
6. Remove air bubbles, wipe jar rims, and adjust lids.
7. Process in a pressure canner at 10 pounds pressure: 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 leg serving): 450 calories | 30g protein | 30g fat | 15g carbs

AMISH ELK MEATLOAF



Prep Time: 30 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 2 pounds ground elk
- 1 pound ground pork
- 1 cup breadcrumbs
- 2 eggs, beaten
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 teaspoon dried oregano
- ½ teaspoon salt
- ¼ teaspoon black pepper

Steps for Cooking:

1. Amish Secret: Soak breadcrumbs in milk before adding to the meat mixture for a moister meatloaf.
2. Preheat oven to 375°F (190°C).
3. In a large bowl, combine all ingredients and mix well.
4. Form mixture into loaves and place in a baking dish.
5. Bake for 30 minutes, or until the internal temperature reaches 160°F (71°C).
6. Let cool slightly, then slice meatloaf.
7. Pack meatloaf slices into sterilized jars, leaving 1-inch headspace.
8. Remove air bubbles, wipe jar rims, and adjust lids.
9. Process in a pressure canner at 11 pounds pressure (adjust for altitude): 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 4 oz serving): 250 calories | 25g protein | 15g fat | 5g carbs

AMISH PHEASANT WITH WILD RICE AND MUSHROOMS



Prep Time: 45 Min



**Servings: 4 Pints or
2 Quarts**

Ingredients:

- 2 pheasants, deboned and cut into pieces
- 1 cup wild rice, cooked
- 8 ounces wild mushrooms (chanterelles, morels, or other), cleaned and sliced
- 1 onion, diced
- 2 cloves garlic, minced
- 4 cups chicken broth
- 1 tablespoon dried thyme
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Brine pheasant pieces in a mixture of salt, sugar, and water overnight for added moisture and flavor.
2. Brown pheasant pieces in a large pot over medium heat. Remove and set aside.
3. Add onion and mushrooms to the pot and cook until softened. Add garlic and thyme; cook for 1 minute more.
4. Return pheasant to the pot. Add cooked wild rice and broth. Season with salt and pepper.
5. Bring to a simmer and cook for 30 minutes, or until pheasant is tender.
6. Pack hot mixture into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 11 pounds pressure (adjust for altitude): 90 minutes for pints, 110 minutes for quarts.

Nutritional Information (per 1 cup serving): 300 calories | 30g protein | 10g fat | 20g carbs

AMISH BISON SLOPPY JOES



Prep Time: 20 Min



**Servings: 6 Pints or
3 Quarts**

Ingredients:

- 2 pounds ground bison
- 1 onion, diced
- 2 cloves garlic, minced
- 1 green bell pepper, diced
- 1 red bell pepper, diced
- 28 ounces canned diced tomatoes
- 1 cup ketchup
- ½ cup brown sugar
- 2 tablespoons Worcestershire sauce
- 1 teaspoon chili powder
- Salt and pepper to taste

Steps for Cooking:

1. Amish Secret: Add a splash of apple cider vinegar to the mixture for a tangy flavor that complements the bison.
2. Brown ground bison in a large pot over medium heat. Drain excess fat.
3. Add onion, garlic, and bell peppers to the pot and cook until softened.
4. Stir in diced tomatoes, ketchup, brown sugar, Worcestershire sauce, chili powder, salt, and pepper.
5. Bring to a boil, then reduce heat and simmer for 15 minutes, or until flavors meld.
6. Pack hot sloppy joe mixture into sterilized jars, leaving 1-inch headspace.
7. Remove air bubbles, wipe jar rims, and adjust lids.
8. Process in a pressure canner at 10 pounds pressure: 75 minutes for pints, 90 minutes for quarts.

Nutritional Information (per 1 cup serving): 280 calories | 25g protein | 15g fat | 15g carbs

CONCLUSION

As we close the pages of this "Amish Canning Meat Cookbook," we hope you've been inspired by the rich traditions and practical wisdom of Amish food preservation. Through these recipes, we've explored the art of transforming seasonal bounty into pantry staples, ensuring nourishment and enjoyment throughout the year.

The Amish way of life, rooted in simplicity, community, and self-reliance, offers valuable lessons for us all. Their commitment to preserving food reflects a deep respect for nature's gifts and a desire to make the most of every resource. In a world where convenience often trumps sustainability, the Amish remind us of the importance of slowing down, savoring the process, and embracing the rewards of homemade, wholesome foods.

Canning meat, though a labor of love, is a skill that anyone can learn. With patience, practice, and the guidance provided in this book, you can master the techniques and create delicious, nutritious meals for yourself and your loved ones.

Whether you're a seasoned canner or a curious beginner, we encourage you to embark on this culinary adventure and discover the joy of preserving flavors and traditions.

Beyond the practical benefits of food preservation, canning offers a unique connection to the past. It's a way to honor the generations who came before us, who relied on their ingenuity and resourcefulness to feed their families. By learning and sharing these time-tested methods, we keep their legacy alive and pass on valuable skills to future generations.

In the spirit of Amish community, we invite you to share your canning experiences with others. Gather with friends and family for canning parties, exchange recipes and tips, and celebrate the fruits of your labor together.

By fostering a sense of community around food preservation, we not only build stronger connections with each other but also contribute to a more sustainable and resilient food system.

As you continue your canning journey, remember that the recipes in this book are just a starting point. Experiment with different flavors, spices, and combinations to create your own signature dishes. Embrace the challenge of learning new techniques and adapting recipes to your preferences and available ingredients.

May your pantry shelves be filled with jars of delicious, home-canned meats, each one a testament to your dedication, creativity, and resourcefulness. And may the spirit of Amish cooking inspire you to live a life that is simple, meaningful, and deeply connected to the food you eat.

Thank you for joining us on this culinary journey. We wish you many happy hours in the kitchen, surrounded by the warmth of family and friends, as you create memories and meals that will be cherished for years to come.